

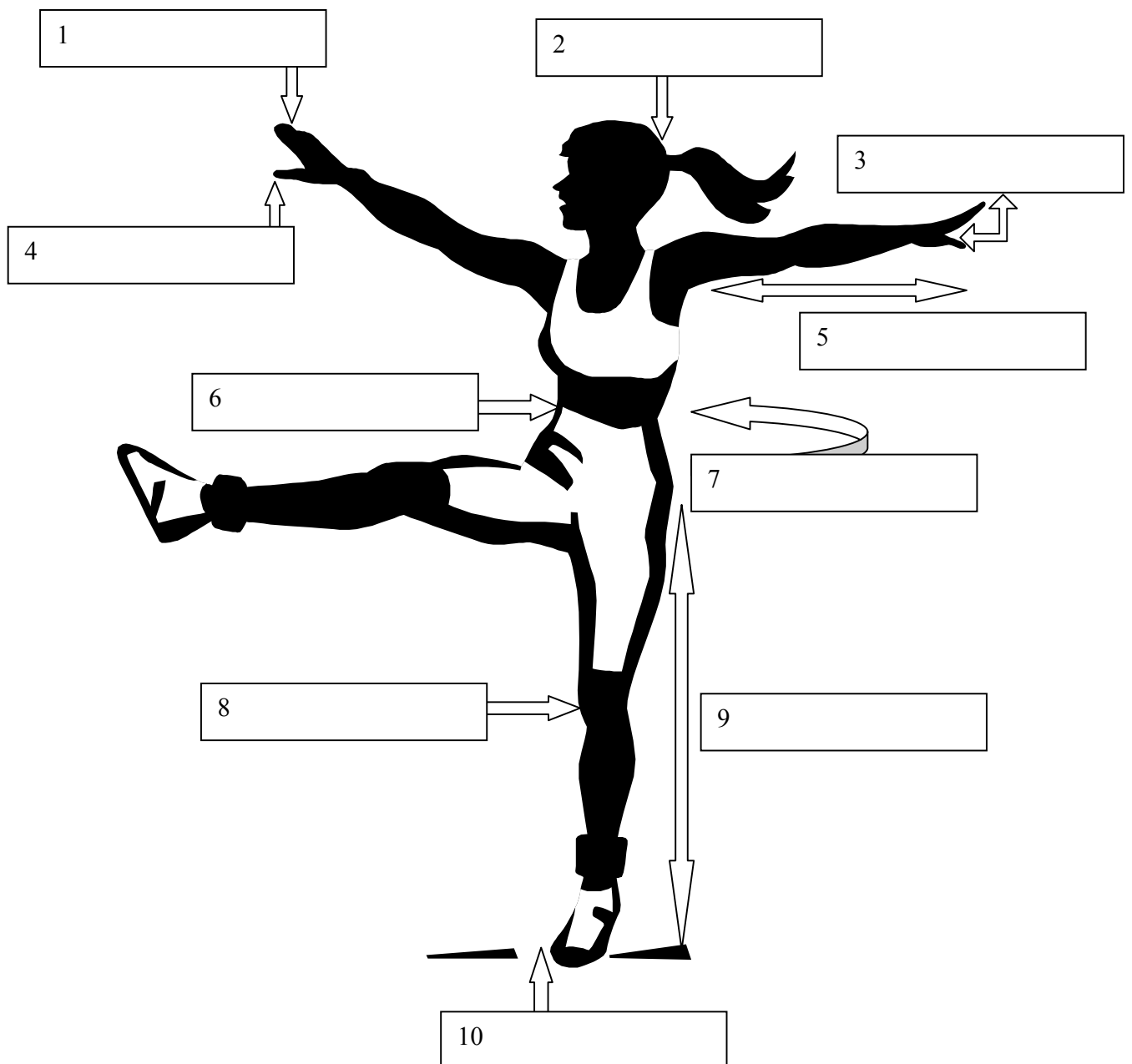


HEALTH

Parts of the body

Label the picture with the words from the box.

head	arm	hand	fingers	thumb
leg	knee	foot	stomach	back



Symptoms

1 Write the symptoms from the box below each picture.

a headache

a sore throat

a temperature

head lice

stomach ache

a rash



1



2



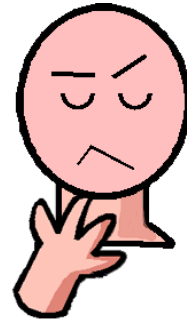
3



4



5



6

Now write a sentence for each picture.

Remember to use a capital letter and a full stop.

Example: He has got stomach ache.

1

2

3

4

5

6

Ws/E1.1a construct a simple sentence, using basic word order and verb forms

Ws/E1.2a use basic punctuation to aid understanding of where sentences begin and end

Asking for things

Work with your partner. Take turns to ask for the things below.
For each one, decide whether to use **a**, **an** or **some**.

Example: Could I have an aspirin, please?
Yes, of course. Here you are.

vitamin tablets	aspirin	antiseptic cream
cough medicine	throat lozenges	cotton wool
plaster	plasters	ear drops
		Vicks

Inside the body

1 Label the different body parts with the words from the box.

lungs

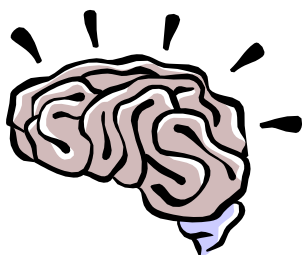
heart

kidney

brain

spine

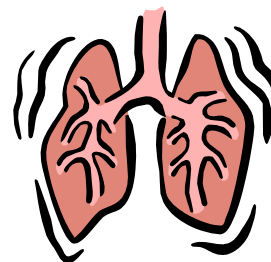
liver



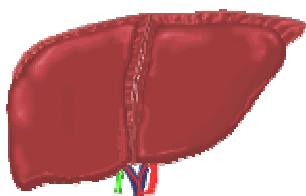
1



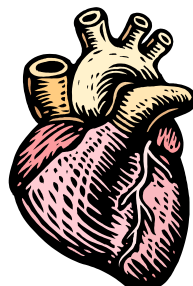
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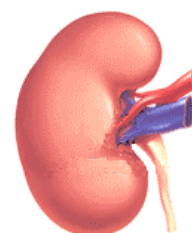
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6

2 Look at the picture. Where do the different body parts go?



3 Which of these parts can people damage by ...

- a) smoking
- b) carrying heavy objects
- c) drinking too much alcohol
- d) eating too much fatty food ?

Health Checks

Write the correct words from the box below the pictures.

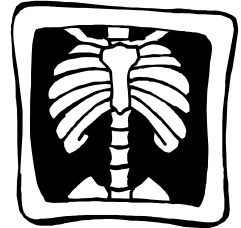
blood test	x-ray	scan
examination	operation	eye test



1



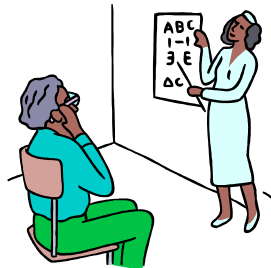
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3



4



5



6

Where do you go for the different health checks? Complete the chart.

Hospital	Doctor's surgery	Optician

Healthy living

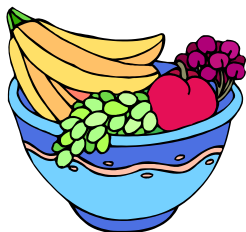
Look at the pictures below. Which things are good for you and which things are bad for you?
Tell your partner.

Remember to use 'are' for plural words.

Examples

Fruit **is** good for you.

Hamburgers **are** bad for you.



Useful words

cigarettes

fruit

vegetables

alcohol

hamburgers

exercise

A letter from the hospital

Read the letter and then answer the questions.

Tower Hamlets Hospital **NHS**
Outpatient Department
Stepney Road
London
E2 6SF

Ms Hawa Ahmed
20 Cromwell House
Canter Road
London
E1 4BX

30th June

Dear Ms Ahmed,

You have an appointment for a scan.

Clinic: Antenatal (baby clinic)

Doctor: Dr Riley

Date: Tuesday 14th July

Time: 10:30 am

Please bring any medicines you are taking.

If you cannot attend, please telephone the Outpatients Department on 020 6700 5211 to make another appointment.

Yours sincerely,

Mary Carr

Clinic Administrator

1 What is the appointment for?

2 What date is the appointment?

3 What time?

4 What is the name of the doctor?

5 What must Hawa bring?

6 What must Hawa do if she can't go?

Leaving a message at the school office

Your child is ill and cannot go to school. Practise phoning the school office to leave a message for your child's teacher.

Good morning. Mowlem School. How can I help you?

Yes, of course. What's the message?

What's your child's name?

Could you spell that, please?

Thank you very much for letting us know.
Could I just check your telephone number, please?

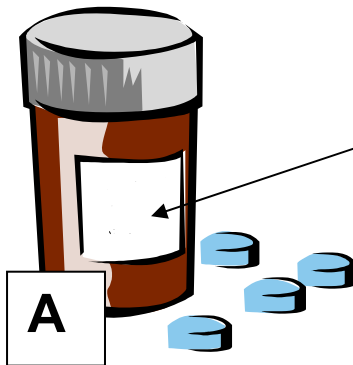
That's 020 ?

Thank you very much. I hope feels better soon.

Goodbye.

Understanding labels

1 Read the instructions from the bottles and then answer the questions.



For headache, rheumatic pains and neuralgia

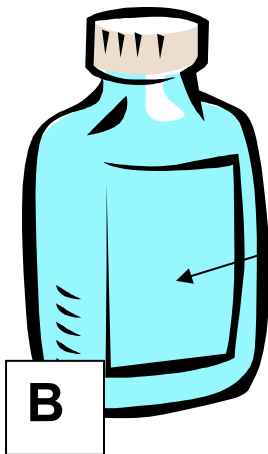
Dose

Adults and children over 12, one or two tablets.

Not to be taken by children under 12 years.

The dose may be taken three or four times daily, at intervals of not less than four hours.

Do not exceed the stated dose.



Stomach upsets & indigestion

Adults

1-2 teaspoons (5-10ml)

Children 3-12 years

1 teaspoon (5ml)

Can be taken in milk or water.

	Medicine A	Medicine B
What is it for?		
Is it a tablet or a liquid?		
How much can adults take?		
Can children under 12 years old take it?		

2 Match the words with the meanings.

dose

every day

daily

the amount of medicine you should take

interval

take more than you need

exceed

period of time

Symptoms and illness

1 Here are some symptoms. Try to find out what they mean. You can write the meaning in English or your first language.

- 1 Diarrhoea _____
- 2 Constipated _____
- 3 Period pains _____
- 4 Morning sickness _____
- 5 Vomiting a lot _____
- 6 Depressed _____

**2 Have got, has got, am or is?
Write a sentence for each word:**

1. Diarrhoea
I _____
2. Constipated
He _____
3. Period pains
She _____
4. Morning sickness
I _____
5. Vomiting a lot
He _____
6. Depressed
She _____

3 Read the text and discuss the questions with your partner.

Rushna is worried about her friend Salma.

Every month Salma gets very bad period pains.

She also gets a headache before her period.

Sometimes she is angry or depressed before her period.

"I think it's PMT", said Rushna.

How does Salma feel before her period?

2 How does she feel when she has her period

3 What does Rushna think Salma's symptoms are?

4 Match each verb to the past form.

is ————— was
am
have got
has got had got

5 Here is a note to a teacher. Read the note and then write a letter to your child's teacher.

24 Hanbury House,
Old Bow Road,
London E2 3FT.
020 7729 3646

1st June 2003

Dear Mrs Kay,

Jalil was absent yesterday because he had a high temperature. Please can you tell me about the work that he missed so that he can do it at home?

Yours sincerely,

J. Ali (Mrs)

Healthy eating during pregnancy

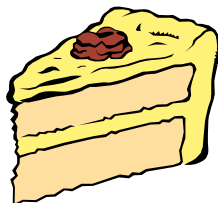
Folic acid

It's very important to have enough folic acid in your diet when you are pregnant. This helps the baby's spine and brain to develop properly. The food groups below contain folic acid:

- dark green vegetables
- cereals, especially wholegrain (e.g. Shredded Wheat, Shreddies)
- bananas, grapefruit and oranges
- beans and pulses
- milk and yogurt
- yeast or malt extract (e.g. Marmite)



1 Look at the pictures different types of food below. Which ones contain folic acid?



2 Think of the food you have in your kitchen at home. Write a list of the things that contain folic acid.

.....

.....

.....

Making a doctor's appointment



**Momtaz is making an appointment to see her doctor.
Listen to the conversation.**

- Hello, Poplar Health Centre.
- Hello. I'd like to make an appointment to see a doctor this week, please.
- We've got something on Wednesday morning with Dr Walker.
- What time?
- Ten o'clock
- That's fine.
- What's your name?
- Momtaz Begum
- How do you spell that?
- M-O-M-T-A-Z
- And what's your date of birth?
- 1st March 1970
- O.K. See you on Wednesday at ten o'clock.

**You are making an appointment to see the doctor.
Complete the conversation with your own details and
practise with your partner.**

- Hello, Poplar Health Centre.
- Hello. I'd like to make an appointment to see a doctor this week, please.
- We've got something on Wednesday morning with Dr Walker.
- What time?
- Ten o'clock
- That's fine.
- What's your name?
- How do you spell that?
- And what's your date of birth?
- O.K. See you on Wednesday at ten o'clock.

Sc/E1.3a ask for personal details

Sc/E1.4a make simple statements of fact